

## GYM SCHEDULE: NOVEMBER (effective 11/1/18)

Building Hours	Monday 6am-9pm	Tuesday 6am-9pm	Wednesday 6am-9pm	Thursday 6am-9pm	Friday 6am-8pm	Saturday 8am-2pm	Sunday CLOSED
6:00am	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (8:00am-2:00pm)	
7:00am							
8:00am							
9:00am	Flexible Core (8:30-9:00am)	Power Pump (8:30-9:00am)	Tabata (8:30-9:00am)	Power Pump (8:30-9:00am)	Yoga Pilates Infusion (8:30-9:00am)	Open (8:00am-2:00pm)	
10:00am	Cardio Step (9:15-10:15am)	Step Interval (9:15-10:15am)	Cardio Step (9:15-10:15am)	Step Interval (9:15-10:15am)	Cardio Step (9:15-10:15am)		
11:00am	A Taste of Dance (10:30-11:30am)	Senior Fitness (10:30-11:30am)	POUND FITNESS (10:30-11:15am)	A Taste of Dance (10:30-11:30am)	Senior Fitness (10:30-11:30am)		
12:00pm	Open (11:45am-4:30pm)	Open (11:45-12:45pm)	Open (11:30am-4:30pm)	Open (12:00-4:30pm)	Open (11:45am-8:00pm)		
1:00pm		Preschool Gym (1:00-2:00pm)					
2:00pm		Open (2:15-5:30pm)					
3:00pm							
4:00pm							
5:00pm	1-2 <sup>nd</sup> Basketball (5-5:45pm)	Tabata (5:45-6:15pm)	1-2 <sup>nd</sup> Basketball (5-5:45pm)	Small Stuff/K-Skills Basketball (5-5:45pm)	Open (11:45am-8:00pm)		
6:00pm	Power Pump (5:45-6:45pm)	Mix It Up (6:15-6:45pm)				Power Pump (5:45-6:45pm)	
7:00pm	Women's Volleyball (7:00-9:00pm)	POUND FITNESS (6:45-7:30pm)	1/2 Court Open (5:30-8:00pm)	Open (7:00-9:00pm)	Open (6:00-9:00pm)		
8:00pm						Open (7:00-9:00pm)	
9:00pm							

\*\*\*SCHEDULE SUBJECT TO CHANGE BASED ON YMCA EVENTS\*\*\*

# Minerva Area YMCA



## Multipurpose Room Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Closed
8:30-9:00am	Retro Cardio		Retro Cardio				
9:00-10:15am			Prayer Group				
10:30-11:30am	Silver Sneakers Classic		Silver Sneakers Classic				
5:15-6:30pm		Weight Watchers					
6:00-6:45pm			Cycling (Limited to 12 participants)	Alzheimer's (1 <sup>st</sup> Thursday)			

\*\*\*SCHEDULE SUBJECT TO CHANGE\*\*\*